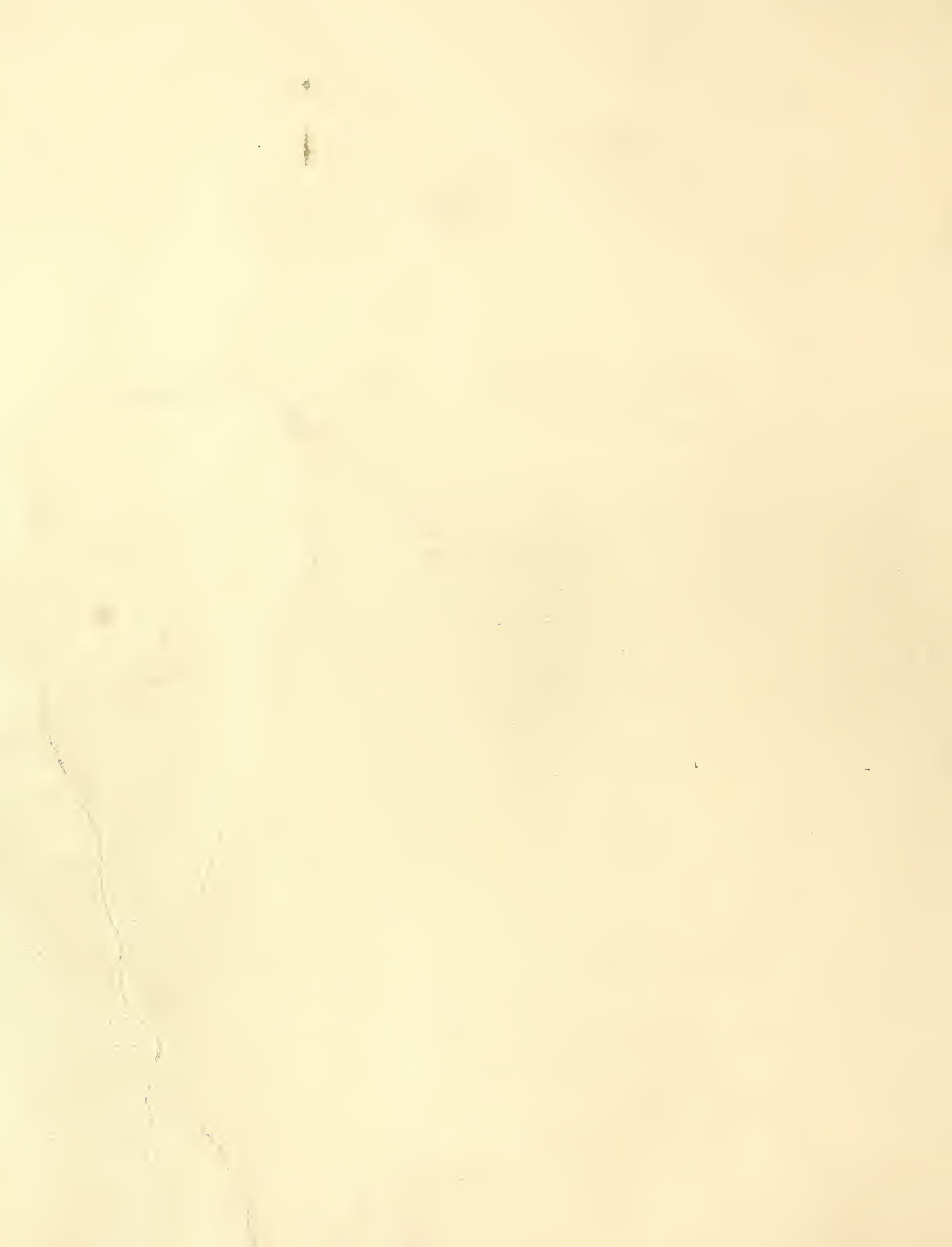


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Housekeepers' Chats

Week of April 30, 1928

NOT FOR PUBLICATION

Subject: Program includes notes on child feeding, and housecleaning; also menu, and two recipes.

Note: This is the first of the twice-a-week programs which will be released for broadcasting during May, June, and July.

--ooOoo--

I wonder how many of you read a story I read last month, about a two-year-old boy who led his parents a merry chase, until they learned to be Kind but Firm. The trouble was, Billy Brad's parents were too lenient. They spoiled him. As soon as the little boy found out how easily he could wrap his parents around his chubby little finger, he began to take advantage of them, especially at bed time. Because Billy Brad liked to play a bit, after he was dressed in his pajamas. It was more fun to play hop-like-a-rabbit, than to cuddle down and go to sleep.

Billy knew better than to take advantage of Miss Jane, the nurse. But when the nurse was away, and Billy's mother tucked him under his blanket, the minute she left "up he popped, like a crocus in the spring, ready and determined to bloom all night."

Things were going from bad to worse in Billy's household, when Miss Jane, the nurse, discovered that the parents in the case were not being firm enough. Right then and there she told these parents that Billy Brad could see right through them; that he knew they thought he was cute, and that they didn't really mean it, when they told him to go to sleep. "Parents," said Miss Jane, "oughtn't to have children. Not until they've had three or four, anyway."

As soon as Billy Brad's parents realized they weren't being model parents, they turned over a new leaf, and resolved to wear masks, every night, when they put Billy Brad to bed. So they had an artist make each of them a mask, to resemble their natural faces, except that the masks looked as if they really meant "Go to bed."

Well, the story ended happily, as all stories about two-year-olds should end. When Billy Brad was put to bed by parents wearing "Kind but Firm" expressions he cuddled down and squeezed his eyes tight shut.



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I shouldn't be surprised but what there's a moral to this story. But what I liked about it was Miss Jane's whimsical comment: "Parents," said Miss Jane, "oughtn't to have children. Not until they've had three or four, anyway."

Aren't you sometimes inclined to agree with Miss Jane?

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Since this is Child Health Week, I'll answer a few appropriate questions, before I broadcast a company menu, and two company recipes.

First question: "Will you please tell me what food should be included in the daily diet of a growing child?"

First, milk, at least a pint a day, and more if possible. Most youngsters now drink their milk as a matter of course, unless there has been a psychological reaction set up in regard to it, sometimes from too much urging.

Second, there is an egg, or a little meat, or fish. These foods supply the iron, which is lacking in milk.

Third, there is fruit, in two meals out of three. This is a good rule to keep in mind, all the time. Fresh fruit is best--fruit juice or fruit pulp, for very young children. If fresh fruit is not available, dried fruit may be used at one meal, and either a little tomato juice, or a raw green vegetable, such as lettuce, in the other. These foods help supply the needed vitamins.

Fourth, every one of the three meals a day should provide for "roughage." It may be supplied by whole-grain cereal breakfast foods, or whole-wheat bread, or by potatoes. These foods are needed to prevent constipation.

Fifth, at one meal a day, there should be some vegetable besides potatoes.

Sixth, every meal should contain a little butter or cream. Butter fat is an essential food for children, for it contains a most important vitamin.

After these six important foods, come the sweets. Sweet foods, that is simple ones, should be served at the end of the meal, so they won't dull the appetite. Among the suitable sweets for children are plain cookies, raisins, dates, or figs, jelly, molasses, brown sugar, maple sirup, and honey.

You might like to make a list of the foods your child eats, and see if they include, each day, all six of these different kinds of foods: milk, eggs, vegetables, fruit, whole-grain cereals, and butter or cream.

Now, having given you a list of the foods normal children should have in their daily meals, perhaps I'd better give you a few hints on persuading





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your child to eat these foods. Easier said than done sometimes, isn't it?

In the first place, don't make too much fuss over your children's food. Plan the family meals so that the children's may be selected from them. Children should accept the fact that they cannot eat always just what Father and Mother do, but Mother and Father should be careful to set a good example, by not refusing those foods the children are to have. If the food served is good, wholesome, well-balanced, well prepared, and attractively served, in not too large amounts, appetite will ordinarily take care of itself, especially if the child has adequate exercise, and hasn't been allowed to pamper his appetite, by between-meal eating.

If Johnny refuses to eat enough food, the wiser treatment is to give him smaller amounts of well-balanced food, and to see that he has the necessary exercise to stimulate his appetite, rather than to urge, or coax, or threaten, to get down the amount of food considered necessary. Avoid between-meal feeding, until Johnny eats well at meal time; and even then, if between-meal lunches interfere with appetite.

Second question: "Is it all right to serve sugar, on a child's breakfast cereal?"

Answer: Cooked cereals, and ready-to-eat cereals, should be served with very little, if any, sugar. If the cereal is heavily sweetened, a child is likely to eat so much that he neglects other, and much-needed foods. If carefully salted, cooked cereals are quite likely to satisfy the taste of a hungry youngster, without the addition of sugar.

The next three questions lead me to suspect that the spring house-cleaning season is on. By the way, I have a good free bulletin on the subject of Housecleaning. Anybody want it? Here's the first housecleaning question: "Please tell me the correct method of re-waxing a floor."

If the floor needs re-waxing, the first thing to do is to dust it, or wash it thoroughly. Better still, rub the floor bright with a cloth moistened with turpentine, or gasoline. Then apply a thin, even coating of liquid or melted wax. Rub the wax in lengthwise of the grain of the wood, first with a soft cloth, and then with a weighted brush. When the wax is well rubbed in, cover the brush with a piece of heavy material, such as carpet or burlap, and polish the floor until it has the desired luster.

Next: "The burners on my gas stove have become clogged. How can I clean them?"

Take the burners out and brush them. Place them in a large pan, and boil them in water to which washing soda has been added, in the proportion of one-half pound of washing soda, to one gallon of water. Then rinse the burners, brush them again, and wipe them with paper or cloth. Fit them back into the





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the stove, and dry them thoroughly by lighting the gas. The burners on oil stoves, if detachable, may be cleaned in the same way.

Here's another cleaning question: "What is the easiest method of cleaning pillows at home?"

Make a cotton bag, larger than the pillow, and transfer the feathers to the cotton bag. Sew together the edges of the openings of both cotton bag and pillow tick, and shake the feathers into the cotton bag. Sew up the opening. Wash in lukewarm water, using a neutral soap. Rinse well. Press as much of the water out as possible. Place the bag of feathers on a cloth, in the sunshine. Turn it often, and beat it, or fluff up the feathers, from time to time. So much for the feathers. Now for the pillow tick. Wash it separately, and starch it on the inside with a stiff starch mixture, so the feathers can't work through. A sponge is a handy thing to apply the starch with. Transfer the feathers, when they're dry.

No more questions today. The menu is an unusually good one. (Have you noticed that all the menus I broadcast are "unusually good"?) This one might be used for a ritzy company luncheon, or supper. It's planned especially for Cousin Imogene who is giving a luncheon next week for her club. Cousin Imogene insisted on having mushrooms. Here's her menu:

Stuffed Mushrooms on Toast; Green Peas; Nut Biscuit; Jelly; and Chocolate Ice Box Cake.

Here's the recipe, for Stuffed Mushrooms--- eight ingredients:

12 to 14 large mushrooms, or 1 pound	1/8 teaspoon black pepper
3/4 cup chopped celery	1 teaspoon salt
2 cups fine bread crumbs	4 tablespoons butter, and
2 teaspoons onion juice	1 sprig chopped parsley

The eight ingredients for Stuffed Mushrooms again: (Repeat)

Wash the mushrooms well. Skin them, and remove the stems close to the cap. Cut the stems into small pieces. Cook in a small amount of water for about 10 minutes, or until tender. In a skillet, melt 2 tablespoons of the butter, add the celery, cook for 2 or 3 minutes, and stir in the bread crumbs, seasonings, and chopped cooked mushroom stems. Turn the mushroom caps, gill side up, and fill them with mounds of the stuffing. Place the stuffed mushrooms in a shallow pan, pour around them the rest of the melted butter, cover closely, and bake in a moderate oven for 1/2 to 3/4 of an hour. Toward the last, remove the cover, and let the crumbs brown lightly on top, or set the pan of mushrooms under the flame of the broiling oven for a few minutes to brown. Serve on rounds of buttered toast.



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The next recipe is for Nut Biscuits--six ingredients:

2 cups sifted soft-wheat flour	1 tablespoon fat
4 teaspoons baking powder	1/2 cup ground nuts, and
3/4 teaspoon salt	2/3 cup milk, or enough for soft dough

I'll repeat the six ingredients: (Repeat)

Sift the dry ingredients. Cut in the fat and nuts. Add the milk, and stir from the center with a fork, until a soft dough is formed. Toss the dough on a lightly floured board. Press it into a sheet about 1/4 inch thick, with the palm of the hand. Cut in small rounds, brush the top with butter, and place one round over the other. Bake in a quick oven until lightly brown. Serve hot, with marmalade, or cheese and jelly.

The recipe for Chocolate Ice Box cake is in the radio cookbook, so I won't broadcast it.

To repeat the menu: Stuffed Mushrooms on Toast; Green Peas; Nut Biscuits; Jelly; and Chocolate Ice Box Cake.

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